



NUTRITION

Instagram: @shenutrition.ca Facebook: @shenutrition

Back to School lunches inspiration

Martha Trahan, CNP, PT
<http://www.shenutrition.ca>

Hello there and Happy September!

It is back to school time and as a mom of 2 I know how stressful this time can be.

One of the biggest stressors is always around food:

What am I going to pack for school lunches?

You have to think about allergies, likes/dislikes and what nutrition you can provide to your little ones.

To help, I have put together this e-book with recipes that you can prepare in advance and enjoy throughout the week.

As a bonus I am including a delicious snack. This has been a hit in my household, for kids and kids at heart.

Always check the **NOTES** section on each recipe as it includes information on substitutes and other tips.

If you'd like custom meal plans or recipes that fit you/your family's diet [please let me know](#).

Stay positive, you got this!

XO

Martha



Apple Turkey Sausage Patties with Sauteed Greens

4 servings

30 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Apple
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Italian Seasoning
- 1 tsp Apple Cider Vinegar
- 1/2 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil (divided)
- 8 cups Baby Spinach
- 1 tbsp Water

Nutrition

Amount per serving	
Calories	268
Fat	17g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	23g
Cholesterol	84mg
Sodium	421mg
Vitamin A	5733IU
Vitamin C	19mg
Calcium	87mg
Iron	3mg

Directions

- 1 Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
- 2 Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
- 3 In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
- 4 When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
- 5 To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

Notes

Serving Size: There are approximately three thin patties per serving.

Leftovers: Refrigerate in an airtight container for up to three days. The patties can be frozen for up to three months.

Best Flavor: A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

No Spinach: Use another leafy green like kale, Swiss chard or collard greens.

No Ground Turkey: Use ground chicken, lamb, beef, pork or bison instead.



Slow Cooker Vegan Chili

8 servings

8 hours

Ingredients

- 6 cups Canned Whole Tomatoes
- 2 cups Red Kidney Beans (cooked, drained and rinsed)
- 2 cups White Navy Beans (cooked, drained and rinsed)
- 2 cups Frozen Corn
- 2 stalks Celery (diced)
- 2 Green Bell Pepper (de-seeded and chopped)
- 2 Carrot (chopped)
- 1 White Onion (diced)
- 4 Garlic (cloves, minced)
- 2 tsps Cumin
- 1 tsp Oregano
- 3 tsps Chili Powder
- 1 tbsp Sea Salt

Nutrition

Amount per serving	
Calories	222
Fat	1g
Carbs	42g
Fiber	14g
Sugar	8g
Protein	12g
Cholesterol	0mg
Sodium	1325mg
Vitamin A	4434IU
Vitamin C	47mg
Calcium	127mg
Iron	5mg

Directions

- 1 Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
- 2 Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
- 3 Ladle into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze up to four months.

Serving Size: One serving is roughly 1 1/2 cups.

Serve it With: Toast, quinoa, brown rice, or a salad.

Make Ahead: Chop celery, bell peppers, carrot and onion ahead of time.

Kid-Friendly: Omit the chili powder and puree until smooth. Serve with tortilla chips.

Extra Spicy: Add 1 to 2 chopped jalapeno peppers, chili flakes or extra chili powder.

More Greens: Mix in chopped kale or spinach. Stir until wilted.

Extra Toppings: Top with green onion or diced avocado.



Spinach & Sausage Egg Muffins

6 servings
 30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 8 3/4 ozs Pork Sausage (casing removed)
- 6 cups Baby Spinach (chopped)
- 8 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	246
Fat	20g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	14g
Cholesterol	272mg
Sodium	596mg
Vitamin A	3284IU
Vitamin C	9mg
Calcium	74mg
Iron	2mg

Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is two egg muffins.

More Flavor: Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

Make it Vegetarian: Omit the sausage.

No Sausage: Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

No Spinach: Use kale or chard instead.



Meal Prep Black Bean & Sweet Potato Burritos

10 servings

45 minutes

Ingredients

- 6 Sweet Potato (large, peeled and sliced)
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (medium, diced)
- 4 Garlic (cloves, minced)
- 4 cups Black Beans (cooked, from the can)
- 1 cup Frozen Corn
- 1 Green Bell Pepper (diced)
- 1 cup Water
- 1/4 cup Dijon Mustard
- 2 tsps Cumin
- 3 tbsps Tamari
- 1/4 tsp Sea Salt (or more to taste)
- 10 Brown Rice Tortilla (11 inches)

Nutrition

Amount per serving	
Calories	369
Fat	6g
Carbs	66g
Fiber	13g
Sugar	9g
Protein	12g
Cholesterol	0mg
Sodium	643mg
Vitamin A	11152IU
Vitamin C	12mg
Calcium	61mg
Iron	4mg

Directions

- 1 Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 2 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 3 In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 4 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 5 If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

Notes

Reheating in the Oven: Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave: Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy: Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With: Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas: Use corn or whole wheat tortillas instead.

Less Work: Use refried beans, or process the beans in a food processor.



Deli Snack Box

1 serving
5 minutes

Ingredients

- 1/4 cup Pumpkin Seeds
- 1 3/4 ozs Whole Grain Crackers
- 1/2 cup Cherry Tomatoes
- 1 oz Cheddar Cheese (cubed or sliced)
- 3 1/2 ozs Sliced Turkey Breast
- 1 Egg (hard boiled)

Nutrition

Amount per serving	
Calories	683
Fat	40g
Carbs	45g
Fiber	7g
Sugar	9g
Protein	38g
Cholesterol	260mg
Sodium	1583mg
Vitamin A	1204IU
Vitamin C	10mg
Calcium	254mg
Iron	7mg

Directions

- 1 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

Notes

Storage: Refrigerate up to 3 days.

Modifications: Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.



Dark Chocolate Granola Bites

18 servings
 20 minutes

Ingredients

- 1/2 cup Maple Syrup
- 1 cup Sunflower Seed Butter (melted)
- 1 cup Oats (rolled)
- 3/4 cup Unsweetened Coconut Flakes
- 5 1/16 ozs Dark Chocolate (chopped, or Dark Chocolate Chips)
- 1/4 cup Raisins
- 1 tsp Cinnamon
- 1/4 cup Whole Flax Seeds
- 1/4 cup Chia Seeds

Nutrition

Amount per serving	
Calories	230
Fat	16g
Carbs	21g
Fiber	4g
Sugar	11g
Protein	5g
Cholesterol	0mg
Sodium	6mg
Vitamin A	11IU
Vitamin C	0mg
Calcium	50mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 In a large mixing bowl, combine the maple syrup and sunflower seed butter. Fold in the remaining ingredients with a spatula until thoroughly combined.
- 3 Add the granola mixture to each mold of a silicone or parchment-lined mini muffin tray. Use your fingers or the back of a spoon to pack the mixture down firmly.
- 4 Bake for 10 to 15 minutes or until golden brown. Let cool before removing the granola bites from the muffin tray. Enjoy!

Notes

- Leftovers:** Freeze in an airtight container or bag for up to three months.
- Serving Size:** One serving is two mini muffin-sized granola bites.
- No Sunflower Seed Butter:** Use almond butter, tahini or peanut butter.
- No Maple Syrup:** Use raw honey instead.
- Enjoy it Raw:** Roll into balls or press firmly into a parchment-lined baking tray. Freeze for at least one hour before enjoying it. Cut into slices if using a tray.
- No Mini Muffin Tray:** Use a regular muffin tray or a baking pan and adjust cooking time as needed.